



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09517, Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium

Report Date: July 01, 2017 10:28 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 6.0 fl oz 177g | 10.0 fl oz 295g |
|-----------------------------------|------|------------------------|----------------|------------|-------------------|--------------------|
| Proximates | | | | | | |
| Water ¹ | g | 87.92 | 1 | -- | 155.62 | 259.36 |
| Energy | kcal | 48 | -- | -- | 85 | 142 |
| Energy | kJ | 201 | -- | -- | 356 | 593 |
| Protein ¹ | g | 0.12 | 1 | -- | 0.21 | 0.35 |
| Total lipid (fat) ¹ | g | 0.17 | 1 | -- | 0.30 | 0.50 |
| Ash ¹ | g | 0.31 | 1 | -- | 0.55 | 0.91 |
| Carbohydrate, by difference | g | 11.49 | -- | -- | 20.34 | 33.90 |
| Fiber, total dietary ¹ | g | 0.3 | 1 | -- | 0.5 | 0.9 |
| Sugars, total ¹ | g | 9.47 | 1 | -- | 16.76 | 27.94 |
| Sucrose ¹ | g | 1.20 | 1 | -- | 2.12 | 3.54 |
| Glucose (dextrose) ¹ | g | 2.57 | 1 | -- | 4.55 | 7.58 |
| Fructose ¹ | g | 5.70 | 1 | -- | 10.09 | 16.82 |
| Lactose ¹ | g | 0.00 | 1 | -- | 0.00 | 0.00 |
| Maltose ¹ | g | 0.00 | 1 | -- | 0.00 | 0.00 |
| Galactose ¹ | g | 0.00 | 1 | -- | 0.00 | 0.00 |
| Minerals | | | | | | |
| Calcium, Ca ¹ | mg | 70 | 1 | -- | 124 | 206 |
| Iron, Fe ¹ | mg | 0.13 | 1 | -- | 0.23 | 0.38 |
| Magnesium, Mg ¹ | mg | 5 | 1 | -- | 9 | 15 |
| Phosphorus, P ¹ | mg | 9 | 1 | -- | 16 | 27 |
| Potassium, K | mg | 184 | -- | -- | 326 | 543 |
| Sodium, Na ¹ | mg | 5 | 1 | -- | 9 | 15 |
| Zinc, Zn ¹ | mg | 0.04 | 1 | -- | 0.07 | 0.12 |

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|--------------------------------|------|------------------------|----------------|------------|-------------------|--------------------|
| Copper, Cu ¹ | mg | 0.010 | 1 | -- | 0.018 | 0.030 |
| Manganese, Mn ¹ | mg | 0.035 | 1 | -- | 0.062 | 0.103 |
| Selenium, Se | µg | 0.1 | -- | -- | 0.2 | 0.3 |
| Vitamins | | | | | | |
| Vitamin C, total ascorbic acid | mg | 30.3 | -- | -- | 53.6 | 89.4 |
| Thiamin ¹ | mg | 0.004 | 1 | -- | 0.007 | 0.012 |
| Riboflavin ¹ | mg | 0.015 | 1 | -- | 0.027 | 0.044 |
| Niacin ¹ | mg | 0.067 | 1 | -- | 0.119 | 0.198 |
| Pantothenic acid ¹ | mg | 0.049 | 1 | -- | 0.087 | 0.145 |
| Vitamin B-6 ¹ | mg | 0.018 | 1 | -- | 0.032 | 0.053 |
| Folate, total ¹ | µg | 0 | 1 | -- | 0 | 0 |
| Folic acid ¹ | µg | 0 | 1 | -- | 0 | 0 |
| Folate, food ¹ | µg | 0 | -- | -- | 0 | 0 |
| Folate, DFE | µg | 0 | -- | -- | 0 | 0 |
| Choline, total ¹ | mg | 1.8 | -- | -- | 3.2 | 5.3 |
| Betaine ¹ | mg | 0.1 | 1 | -- | 0.2 | 0.3 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | -- | -- | 0 | 0 |
| Retinol | µg | 0 | -- | -- | 0 | 0 |
| Carotene, beta | µg | 0 | -- | -- | 0 | 0 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 |
| Vitamin A, IU | IU | 1 | -- | -- | 2 | 3 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 |
| Lutein + zeaxanthin | µg | 16 | -- | -- | 28 | 47 |
| Vitamin E (alpha-tocopherol) | mg | 0.01 | -- | -- | 0.02 | 0.03 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 0.0 | -- | -- | 0.0 | 0.0 |
| Lipids | | | | | | |
| Fatty acids, total saturated | g | 0.029 | -- | -- | 0.051 | 0.086 |

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 6.0 fl oz 177g | 10.0 fl oz 295g |
|------------------------------------|------|------------------------|----------------|------------|-------------------|--------------------|
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 12:0 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 14:0 | g | 0.002 | -- | -- | 0.004 | 0.006 |
| 16:0 | g | 0.023 | -- | -- | 0.041 | 0.068 |
| 18:0 | g | 0.003 | -- | -- | 0.005 | 0.009 |
| Fatty acids, total monounsaturated | g | 0.008 | -- | -- | 0.014 | 0.024 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 18:1 undifferentiated | g | 0.006 | -- | -- | 0.011 | 0.018 |
| 20:1 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.051 | -- | -- | 0.090 | 0.150 |
| 18:2 undifferentiated | g | 0.043 | -- | -- | 0.076 | 0.127 |
| 18:3 undifferentiated | g | 0.009 | -- | -- | 0.016 | 0.027 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 |

Amino Acids

Other

| | | | | | | |
|----------------|----|-----|----|----|-----|-----|
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6f, 2002 Beltsville MD